Islam in Brief

By:

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Introduction.....

What is Islam?

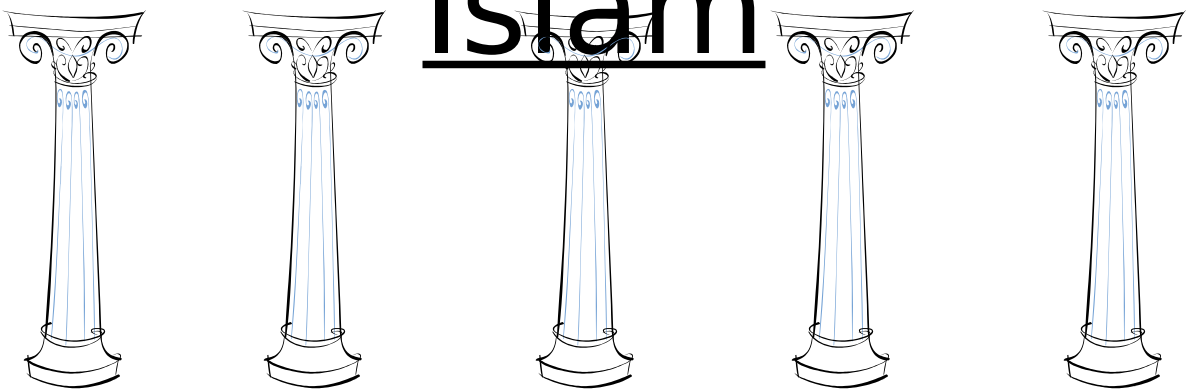
- Islam is derived from the Arabic root "*Salam*": peace, purity
- Religious meaning: submission to the will of God and obedience to His law
- Islam is not a new religion, the same truth that God revealed through all His prophets

Prophets Tree

- Islam's message has been reformed in the last stage thru messenger, (Muhammad)

Muslims follow the religion of peace, mercy, and

The Religion of Islam



1st Pillar

The Declaration of Faith

What is it?

There is non worthy of worship except Allah and Muhammad is the messenger of Allah.

أَشْهَدُ أَنَّ لا إِلهَ إِلا اللَّهِ وَأَشْهَدُ أَنَّ مُحَمَّدً رَسُوْلُ اللَّهِ

- ✓ Testimony of faith = (Shahadah)
- ✓ Allah has no partner, no son
- ✓ It is a key to enter Islam
- ✓ To say this in Arabic :

"Ashhadu Alla Ilaha Illa Allah Wa Ashhadu Anna Muhammad Rasulu Allah"

2nd Pillar

Performing Prayers

What is it?

They are five prayers at five times. Prayer in Islam is a direct link between the mankind and Allah. Each prayer does not take more than a few minutes to perform.

- ✓ Strengthen the belief in Allah
- ✓ Inspire the morality and attitude
- ✓ Time management
- ✓ Frequent cleanup and tidy
- ✓ Athan, call for pray

3rd Pillar

Payment of Charity (*Zakah*)

What is it?

Zakah in Arabic means “grow”, “increase”, and “purifying”. So, actually the act of giving *Zakah* means purifying the wealth to gain Allah's blessing. Practically, is to give **2.5 %** of wealth each year to the poor and needy.

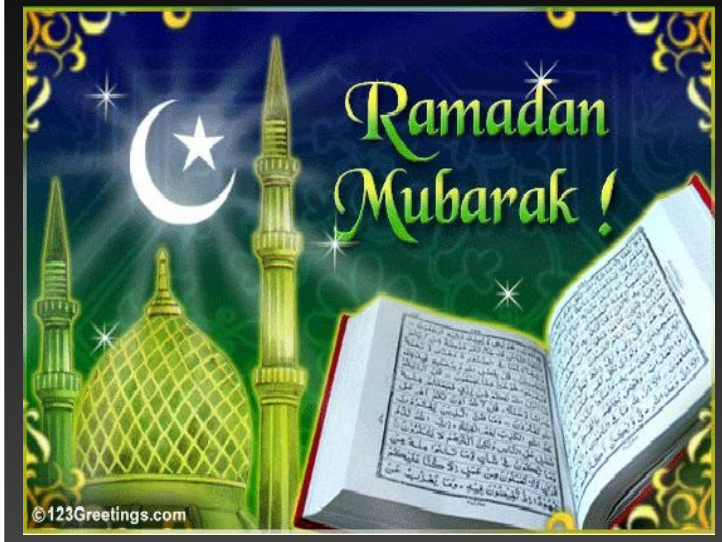
- ✓ Purify self-heart and wealth
- ✓ Allah forgives your sins
- ✓ Frees oneself from love of oneself
- ✓ Ends poverty as *Zakah* is given to poor
- ✓ Reduces crimes

4th Pillar

Fasting The Month of Ramadan

What is it?

During the Arabic month of Ramadan, Muslims are requested to abstain from food, eat, and sexual intercourse from dawn until sunset.



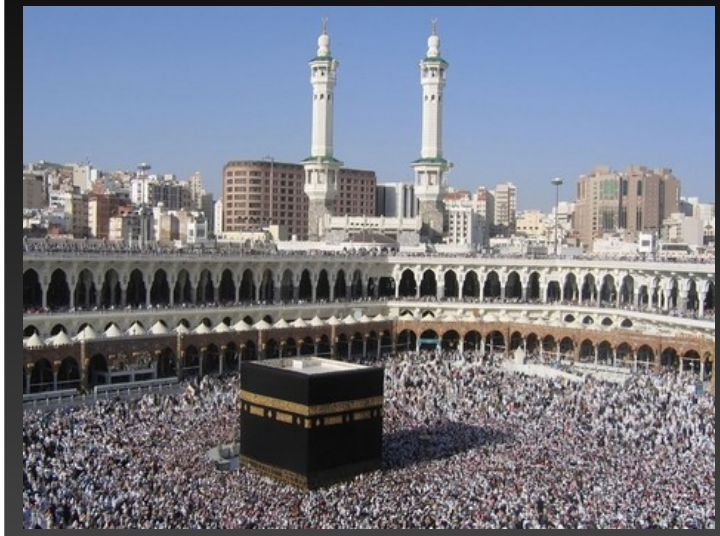
- ✓To strengthen the power of self-control and patience
- ✓ To feel the pain of poor and needy
- ✓ To stop us from doing sins, bad habits
- ✓ To improve health
- ✓ To bring us closer to Allah

5th Pillar

Pilgrimage (Hajj)

What is it?

It is the holy trip to *Makkah* once in lifetime if one can afford it physically and financially.



- ✓ To clean Muslims of all their sins
- ✓ Makkah is the most sacred place
- ✓ Teaching noble morals (modesty, patience,..)
- ✓ Example of the universal message, equality and unity of Islam
- ✓ *Hajj* is a great Islamic conference ; every race, class, and nationality join together

Six Articles of Faith

1st Article

Belief in God

- ✓ One, unique, incomparable
- ✓ Has no son nor partner
- ✓ Only to be worthy of worshipped lonely
- ✓ He has the most magnificent names and sublime perfect attributes

2nd Article

Belief in the Angels

- ✓ The existence of the angels
- ✓ They are honored creatures
- ✓ The angels worship God alone

Six Articles of Faith

3th Article

Belief in Revealed Books

- ✓ Revelations were given to guide the people
- ✓ The original scripture brought by Prophet , David, Abraham & Muhammad

4th Article

Belief in Prophets & Messengers

- ✓ All messengers were human beings
- ✓ Their message is the same
- ✓ Starting with Adam, Noah, Abraham, Ishmael, Isaac, Jacob, Moses, and Jesus & Muhammad

Six Articles of Faith

5th Article

Belief in the Day of Judgment

- ✓ This will come to an end
- ✓ All people will be resurrected for judgment
- ✓ People with good records will be generously rewarded
- ✓ [illegible]bad records will be fairly [illegible]

6th Article

Belief in Divine Predestination

- ✓ God knows everything & recorded all actions
- ✓ Whatever God wills to happen; it will happen
- ✓ Accept & patience with what Allah has decreed

How can I be a Muslim?

Willing to Perform Five Pillars of Islam

- Declaration of Faith
- Perform Prayers
- Payment of *Zakah*
- Observe Fasting
- Perform *Hajj*

Believe Six Articles of Faith

- Allah (God)
- Angles
- Holy Books
- Prophets
- Judgment Day
- Predestination

Say Declaration of Faith in Arabic

“Ashhadu Alla ilaha illa Allah Wa Ashhadu Anna Muhammad Rasulu Allah”

Thank You…

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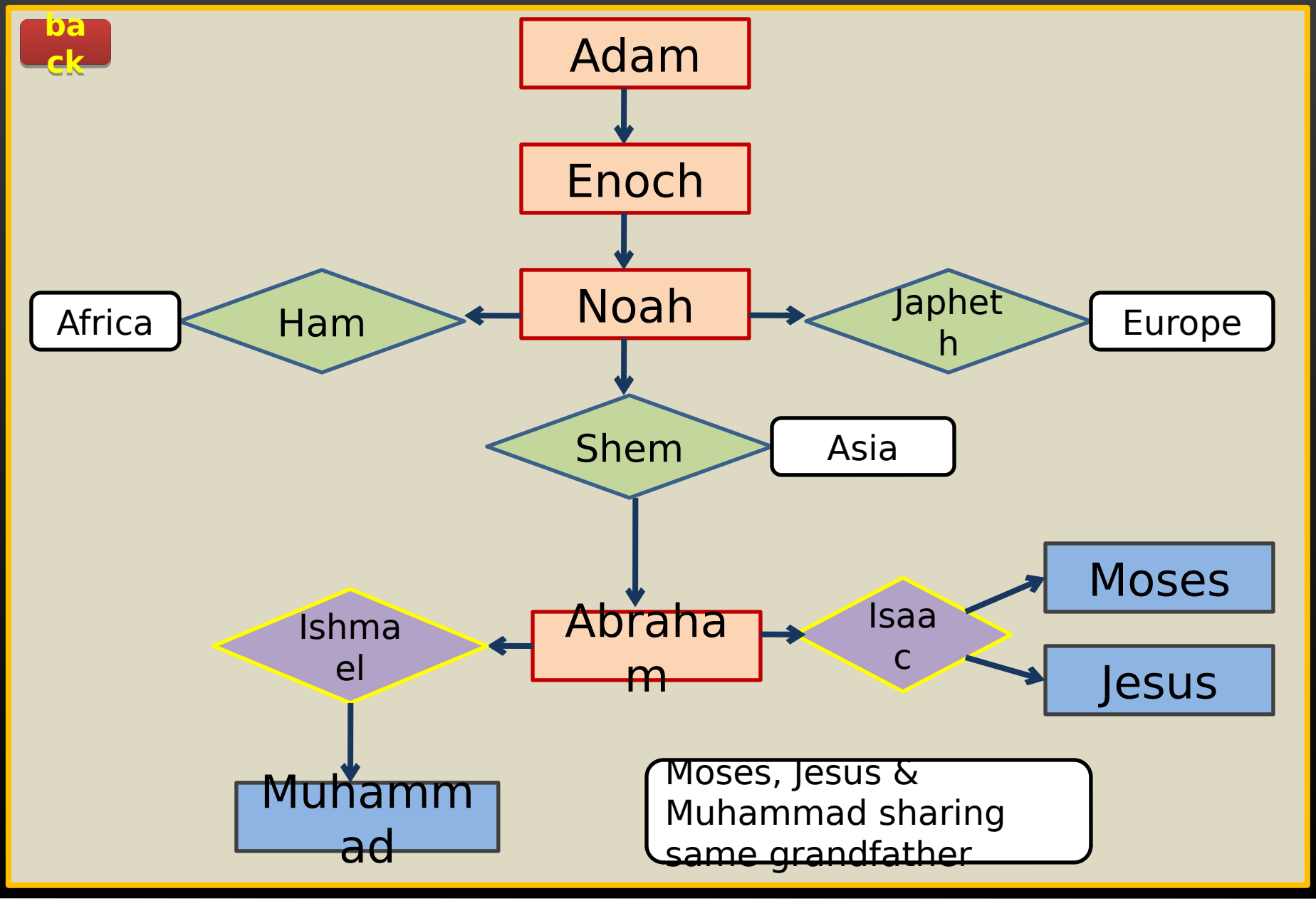
Prophets Tree



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Submitted by SerendipUpdate on Tue, 01/15/2008 - 11:02am Biology 103 1994-2005

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The Health Benefits of Fasting

Will Carroll

There has been much contention in the scientific field about whether or not fasting is beneficial to one's health. Fasting is an integral part of many of the major religions including Islam, Judaism and Christianity. Many are dubious as to whether the physiological effects are as beneficial as the spiritual promoted by these religions. There is a significant community of alternative healers who believe that fasting can do wonders for the human body. This paper will look at the arguments presented by these healers in an attempt to raise awareness of the possible physiological benefits that may result from fasting.

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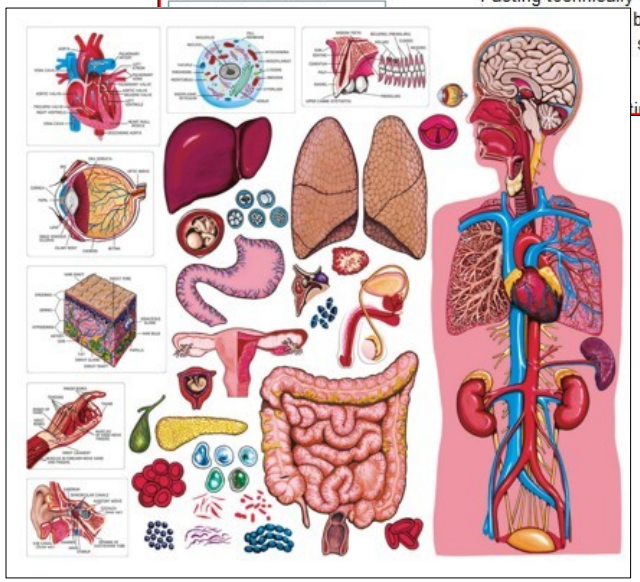

List of Fasting Benefits

According to many health experts, fasting can provide the following ongoing benefits:

-- **Better quality sleep**
-- **Greater energy**
-- **Improved mental abilities**
-- **Stronger digestive system**
-- **Lower anxiety**
-- **Elimination of toxins**
-- **Better-looking and healthier skin**
-- **Lower blood pressure**
-- **Loss of weight**
-- **Relief from chronic headaches**
-- **Relief from pain in joints**
-- **Improvements in the health of teeth and gums**
-- **Improved cardiovascular health**
-- **Boost to the immune system, preventing any number of diseases down the line**

Some also believe that fasting can actually help to break down cancerous tumors, so even some cancer patients practice fasting as a therapy for their disease.